

1. A method for treating insufficient glandular production of lubricating liquids in an individual, comprising:

administering orally to the patient a preparation including effective amounts of:

a source of omega-3 fatty acid,

a source of omega-6 fatty acid,

vitamin A,

micronutrient cofactors effective to support and

enhance conversion of linoleic acid to gamma-linolenic acid, and

a water-soluble antioxidant.

2. The method of claim 1, wherein the preparation further includes mucin.

3. The method of claim 1, wherein the micronutrient cofactors include vitamin B6.

4. The method of claim 1, wherein the water-soluble antioxidant comprises ascorbic acid.

5. The method of claim 4, wherein the preparation further includes mucin.

6. The method of claim 1, wherein the sources of omega-3 fatty acid and omega-6 fatty acid comprise blackcurrant seed oil.

7. The method of claim 6, wherein the preparation further includes cold water fish oil as a source of omega-3 fatty acid.

8. The method of claim 1, wherein the preparation further includes cold water fish oil as a source of omega-3 fatty acid.

9. The method of claim 8, wherein the preparation further includes mucin.

10. The method of claim 1, wherein the micronutrient cofactors include vitamin B6 and a source of magnesium.

11. The method of claim 10, wherein the preparation contains at least about 1000iu vitamin A; at least about 6mg vitamin B6; at least about 20mg magnesium as magnesium sulfate; and omega-3 fatty acid, omega-6 fatty acid and GLA in a combined amount of at least about 94mg.

12. The method of claim 11, wherein the water-soluble antioxidant is vitamin C, present in at least about 50mg.

13. The method of claim 11, wherein the preparation further includes mucin, present in at least about 100mg.

14. The method of claim 13, wherein the preparation further includes cold water fish oil, present in at least about 0.5 mg, as a source of omega-3 fatty acid.

15. The method of claim 11, wherein the preparation includes blackcurrant seed oil as a source of both omega-3 and omega-6 fatty acids, the seed oil being present in at least about 300 mg.

16. The method of claim 1, wherein the micronutrient cofactors include a source of magnesium.

17. The method of claim 1, wherein the preparation further includes GLA and wherein the various constituents of the preparation are present in at least the following amounts:

- (a) omega-3 fatty acid, omega-6 fatty acid and GLA, a combined total of about 235mg;
  - (b) vitamin A, about 1040iu;
  - (c) vitamin C as the water-soluble antioxidant, about 90mg;
  - (d) vitamin B6 as a micronutrient cofactor, about 6.3mg;
- and

(e) magnesium as magnesium sulfate as the micronutrient cofactor, about 20mg.

18. The method of claim 17, wherein the preparation further  
5 includes mucin, at least about 100mg.

19. The method of claim 17, wherein the preparation further includes at least about 1.6mg cold water fish oil.

10 20. The method of claim 1, as a treatment for dry eye syndrome.

21. The method of claim 1, as a treatment for surgically-induced dry eye syndrome.

15 22. An orally-administered preparation for treating insufficient glandular production of lubricating liquids in an individual, comprising effective amounts of:

a source of omega-3 fatty acid,

20 a source of omega-6 fatty acid,

vitamin A,

micronutrient cofactors effective to support and enhance conversion of linoleic acid to gamma-linolenic acid, and a water-soluble antioxidant.

23. The preparation of claim 22, further including mucin.

24. The preparation of claim 22, wherein the micronutrient cofactors include vitamin B6.

25. The preparation of claim 22, wherein the sources of omega-3 fatty acid and omega-6 fatty acid comprise blackcurrant seed oil.

26. The preparation of claim 22, wherein the preparation further includes cold water fish oil as a source of omega-3 fatty acid.

27. The preparation of claim 22, wherein the micronutrient cofactors include vitamin B6 and a source of magnesium.

28. The preparation of claim 27, containing at least about 1000iu vitamin A; at least about 6mg vitamin B6; at least about 20mg magnesium as magnesium sulfate; and omega-3 fatty acid, omega-6 fatty acid and GLA in a combined amount of at least about 94mg.